

## **INVITATION TO EXCEL**

This column is written by graduates who feel that attendance at AMSC has influenced their job performance and personal life in a positive way. Please contact us if you wish to contribute an article for this column.

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I recently made my first return visit to attend an AMSC Alumni Association gathering. As if on auto pilot, I parked in the garage of the Radisson Mark **Plaza** Hotel, giving me the opportunity to cross through the hotel to make my way to the Retreat. I could certainly empathize with Terry **Brashley**, last issue's contributor to "Visions of the Past," as he nostalgically wandered through the Radisson in its post AMSC era. But for me, nostalgia hit when I realized I was the only 90-2 graduate there! Then a recent graduate (whippersnapper comes to mind) proudly announced that the number of Fort **Belvoir** graduates was now overtaking the Radisson crowd! So much for respect for elders... I did take some solace in several current AMSC students, who asked in an incredulous tone, "You really went to AMSC here?"

As I reflect on all of the positive contributions AMSC has made to my professional development, it is actually the one it made to personal development for which I am most appreciative. It began as a threat, or at least that's how I saw it at the time. When I learned I had been selected for AM SC, it wasn't the academics that frightened me, it was the PT test! Why? Because I was convinced I would either humiliate myself or die! For those I have not met, perhaps a point of clarification is in order. Then at age thirty-four and with no health issues, I had no excuse to either be humiliated or die. But the truth is, when it came to fitness and diet, I had nowhere to go but up. While I was ready to make changes, AMSC provided the needed catalyst.

I can only imagine what my German neighbors thought as I decided to prepare for my upcoming PT test by running through the neighborhood. Running is really not the optimum word here, since I would run 20 feet and walk the next two blocks. To make matters worse, I hate running! But fear can be a great **motivator**, so I kept up this rather pitiful regiment for the six weeks leading to my departure for Washington.

Much to my relief upon arrival, I learned a **PT** test was not a requirement. However, part of the course preliminaries included a basic medical screening. I

learned the body fat for a woman my age should range from 21 to 27 percent. At 114 pounds I was a whopping 31 percent body fat with a cholesterol of 251. I still have that register tape giving me my readout, but as you may have guessed by now, those numbers are history.

I gratefully gave up running and found that my love is aerobics. My first attempts in aerobics class were as pitiful as the running, but those years of dance class finally paid off. Once I could build up enough stamina to move AND breathe, the aerobic routines began to come naturally, and a healthier diet gave me energy to find my way to aerobics class at the end of a long day.

No, I'm not a Jane Fonda or Kathy Smith, but I have faithfully maintained a three-times-a-week minimum workout regiment. I reduced my body fat to 29 percent during the fourteen weeks and that was before I added weight training to my workouts. Now stairs or bags of groceries are no effort. My most recent cholesterol reading was 187, and I now have the much needed energy for those long days at the office.

So for those of you who have always been or are today healthy and physically fit, I congratulate you! But for those who **struggle** to make and maintain those lifestyles changes, I want you to know that if I could do it, so can **you!!!** I'd love to hear from you! And if you're in Washington, let me share with you that wonderful Army heritage that is Fort Myer, Fort McNair, and Arlington National Cemetery!

Bianca Warner  
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## **GRADUATE NEWS**

Information appears in **GRADUATE NEWS** about those who have been promoted, moved to a new position, or selected for further educational opportunities. In order to keep this information up-to-date, we request that the Class Scribes or the affected individual forward any information regarding student promotions or movements to the Editor. To update your work and home addresses, please contact the Registrar at (703) 805-4757/67 or DSN 655-4757/67.

### **PILOT**

POC: Mike Early, (410) 278-1189. Peggy Paine was promoted to **GS-15** as the Director of Administration and Services at ALMC; Wes Truscott is now Deputy